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LOOK WHO MADE ANOTHER STRANGE FILM. PAGES 22-23



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What's next?

Protesters vow to march on. Organizers, pleased with the largely peaceful marches, want the conversation about race and law enforcement to continue. PAGE 02



Thousands march up Fifth Avenue for the Millions March. / MILES DIXON, METRO

Bronx baby found dead with bruises on her body

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Iggy Azalea not born a man, but if she were ...

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Tips for shining at your holiday work party

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Beckham Jr. shines again in Giants win

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NEWS

Top 3

The best of Metro.us

1 'Fantasy football: Go with Donte Moncrief, Marquess Wilson, Johnny Manziel'

2 'PHOTOS: Thousands of protesters take over city streets for "Millions March NYC"'

3 'Iggy Azalea has the best response to rumors she was born a man'



On the go

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Garner protests have changed talk on race

Protest. Movement for justice and civil rights will continue, say organizers.

After tens of thousands of protesters marched for civil rights and against police brutality in New York and Washington D.C., Millions March co-organizer Sabaah Jordan says she doesn't think the demonstrations are going to stop anytime soon.

"We got 60,000 people into the streets, we had the streets blocked off from Washington Square to 32nd Street, and we did this with all those people, and it was peaceful," Jordan said.

Jordan told Metro on Sunday that while it was too soon to know when the next planned protest would be held, more than two weeks of street protests following the deaths of Eric Garner, Michael Brown and Akai Gurley have already helped America talk more openly about race.

"I'm really proud that people have the courage to say 'no more of this,'"



Protesters walk at the Millions March. / MILES DIXON, METRO

Jordan said. "We should recognize that there is a problem affecting black people in this country, and we want a better country than that."

Jordan said the alleged assault of two police officers on the Brooklyn Bridge late Saturday by a Baruch College teacher was an isolated incident that won't affect the movement's momentum.

"Crime happens," Jordan said. "I really think this takes away, stops



Visit **Metro.us** to read more about the ongoing protests.

people from paying attention to the fact that people are dying at the hands of police."

"I think this movement is being sustained by thousands of protesters who will continue to peacefully disrupt 'business as usual' across the country until they see meaningful changes in law enforcement practices and accountability mechanisms," said Jeffrey Smith, a professor of urban policy at the Milano School for International Affairs at The New School, and author of the e-book "Ferguson in Black and White."

"It's probably unlikely that this movement will ever command the support of a broad majority of America; a majority of whites trust the cops and, unless things get much worse, will continue to," Smith said. "But winning over a majority may not be the point, though. Causing discomfort for them — and the people they elect — is the point."



WENDY JOAN BIDDLECOMBE
Wendy.Biddlecombe@metro.us

Post-march. Baruch teacher held for assaulting police

A Baruch College English instructor was arrested Sunday for allegedly assaulting two NYPD lieutenants on the Brooklyn Bridge after a civil rights march turned violent late Saturday night.

Eric Linsker, 29, was charged with robbery, assault on a police officer, riot, resisting arrest, reckless endangerment, obstructing governmental administration and unlawful possession of marijuana.

The alleged assault took place just hours after the peaceful end of an organized march that saw tens of thousands of people walk through Manhattan on Saturday afternoon to demand justice for Eric Garner, Michael Brown

and other men who have been killed by police. Police estimated 25,000 people — while organizers put the crowd at 60,000 — walked from Washington Square to Herald Square, then turned downtown to police headquarters.

Police say Linsker tried to throw a garbage can at two NYPD lieutenants on the Brooklyn Bridge roadway around 8 p.m. Officers trying to arrest him were blocked by protesters, who knocked the policemen to the ground, kicked them and tried to take their radios and jackets, said John Miller, deputy commissioner of intelligence and counterterrorism. Both officers were hospitalized, one with a broken nose.

Linsker, of Brooklyn, is

Poetry

'Thwaites'

To triple that/
Irreversible retreat/
Into summer in slow
motion/
By an intensification/
Of the powerful/
To isolate the surface/
Adding energy to winds/

Future governments/
Spend to protect/
F— the police/
To rise as you/
Disappear below
current/
Interpretations of
observations/
F— the police.

POEM BY ERIC LINSKER

an adjunct faculty member at Baruch and teaches one composition class, the school's president, Mitchel Wallerstein, said in a statement Sunday.

"While we believe firmly in the exercise of free speech, we deplore violence of any kind and will support the official in-

vestigation of this matter," Wallerstein wrote.

Linsker attended Harvard University and the University of Iowa, according to his author profile on Amazon.

He co-edits an "online journal of fast poetry" called The Claudius App. A poem by Linsker on

adult-mag.com called "Thwaites" includes verses such as "f— the police."

"The readings we do in class are pretty weird," one student wrote on the website Rate My Professors. "I mean if you love reading about sex in the most poetically disturbing way possible, go for it."

A police department spokesperson said one other person has been arrested on disorderly conduct charges on Saturday.

"The Millions March ended at 1 Police Plaza," said Millions March spokeswoman Kate McNeely. "Everything that happened afterward was organized by other loops, who were calling the shots."

WENDY JOAN BIDDLECOMBE



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Red Square: Santas swarm

SantaCon revelers celebrated peacefully at Times Square on Saturday. / MILES DIXON, METRO

Burnside Avenue

Man shot dead outside deli Sunday

An unidentified man was shot to death outside a deli on East Burnside Avenue in the Bronx early Sunday.

Officers responding to calls shortly before 5 a.m. outside of 288 East Burnside Avenue, found a man with gunshot wounds to his torso, police said. He was declared dead at St. Barnabas Hospital. **METRO**

Midwood

Tire slashers hit 40 cars

Police are looking for three people who cut the tires of 40 cars in Sheepshead Bay and Midwood.

The three suspects, identified by police as two white men and one white woman, went on a slashing spree between midnight and 2 a.m. Sunday, attacking cars from Quentin Road to Avenue S, and East 17th Street to Bedford Avenue. **METRO**

Throgs Neck

Baby found dead in Bronx

A 3-month-old baby was found dead in the Bronx on Sunday morning, police said.

Police responded to calls of an unconscious infant at 2793 Dewey Avenue in Throgs Neck shortly after 6 a.m. Police found bruises on the baby's body.

The baby, Diana Rivera, was taken to Jacobi Medical Center and pronounced dead. **METRO**



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Hostage crisis

Busy Sydney comes to a standstill

Local media reported that the nearby Sydney Opera House was temporarily evacuated after a suspicious package had been found. A staff member at the world-famous venue said she was still in the building but declined to



Police close a street in the central business district of Sydney. / GETTY IMAGES

comment further and police said they were still trying to confirm the incident. Tourists were being let back into the venue by early afternoon.

Trains and buses were stopped and roads were blocked in the area, with train operators saying there had been a bomb threat at Martin Place.

Traders in currency markets said the hostage

news may have contributed to a dip in the Australian dollar, which was already under pressure from global risk aversion as oil prices fell. The local currency was pinned at \$0.8227, having hit its lowest since mid-2010 last week.

Qantas Airways Ltd., said planes were avoiding flying over the central business district but were landing as normal. **REUTERS**



Police officers chat on the scene of the siege at Lindt Cafe in Martin Place on Dec. 15 in Sydney, Australia. / GETTY IMAGES

Hostages held in Australia

Prime Minister.

Tony Abbott addressed the public about the ongoing situation.

Dozens of hostages were trapped inside a central Sydney cafe on Monday, with local television showing some being forced to hold up a black flag with white Arabic writing in the window, raising fears of an attack linked to Islamic militants.

Prime Minister Tony Abbott, who has warned of militant plans to attack Australian targets, said he was convening a meeting of the cabinet's national security committee for a briefing on the hostage situation at the Lindt Cafe in the country's commercial capital.

"Police are dealing with an armed incident and specialist officers are attempting to make contact [with] those inside a cafe," New South Wales Police said in a statement.

Australia, which is backing the United States and its escalating action against Islamic State in Syria and Iraq, is on high alert for attacks by radicalized Mus-

lims or by homegrown fighters returning from the conflict in the Middle East.

A Lindt executive said there were about 10 staff working at the cafe, Sky Business television reported. Chief Executive Steve Loane also said there were "probably 30 customers" in the cafe, according to Sky Business.

Dozens of heavily armed police surrounded the cafe in Martin Place, home to the Reserve Bank of Australia, commercial banks and close to the New South Wales state parliament.

Television footage showed several people inside the cafe standing with their hands pressed against the windows. The situation was unresolved as of press time.

REUTERS

Quoted

"Police are dealing with an armed incident and specialist officers are attempting to make contact [with] those inside a cafe."

New South Wales Police said in a statement.

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Company to tighten screws on air bag parts supplier



Stephanie Erdman of Destin, Florida, who was seriously injured by the air bag explosion in her Honda Civic last year, testifies during a hearing before the Senate. / GETTY IMAGES

Danger. Takata's exploding air bags have caused deaths and a recall of more than 20 million vehicles globally.

Takata Corp., has begun enforcing tighter quality controls on a group of parts suppliers as the auto safety equipment maker boosts production to replace millions of air bags recalled for a potentially deadly defect, according to people involved.

Takata has come under investigation by U.S. safety regulators and federal prosecutors, and intense scrutiny from U.S. lawmakers.

Over the last two months, the company has launched a series of "urgent" inspections across its supply network and dispatched managers to parts makers in Japan and Asia to announce the changes, according to those involved, who asked not to be identified.

At one closed-door meeting in Japan between Takata executives and over 100 of its suppliers in mid-October, Takata said its representatives would inspect 40 suppliers of key parts before the end of the year and audit the remainder

Quoted

"Takata has become extremely strict when it comes to quality control now."

One of the people who was present at the meeting

Newspaper

Cosby praises wife, disparages media in interview

Comedian Bill Cosby, besieged by a wave of sexual misconduct allegations, has praised his wife for supporting him and criticized the media for its coverage of a scandal that has already compromised

his career.

Cosby, once a revered father figure and a forceful advocate of self-help for his fellow African-Americans, made the remarks in a rare telephone interview with the New York Post.

More than a dozen women have stepped forward to accuse Cosby of giving them alcohol or drugs and then sexually assaulting them in incidents

Quoted

"I only expect the black media to uphold the standards of excellence in journalism and when you do that you have to go in with a neutral mind."

Cosby, in the phone interview

that go back decades.

In the Post's telephone interview, Cosby was asked how his wife of 50 years, Camille Cosby, was holding up amid the controversy.

"Love and the strength of womanhood," he said. "Let me say it again, love and the strength of womanhood. And, you could reverse it, the strength of womanhood and love."

REUTERS

Takata

Fast facts about the company:

- Takata has 55 factories.
- There are factories in 20 countries.
- Five of the factories are located in Japan.
- The only facility that makes air bags in Japan is a plant in Kyushu in southern Japan.

of the firms in 2015, one of those involved said.

Suppliers said the way the inspections were carried out did not differ much from regular quality checks made by Takata, but they highlighted the speed and the unusual sense of urgency with which they have been announced.

"This time it was different. This inspection had not been planned before and was announced out of the blue during the meeting," said the person involved. "They came to my factory within one, two weeks from setting the date."

Takata spokesman Toyohiro Hishikawa declined to comment on the company's dealings with its suppliers. **REUTERS**

Deaths

5

The five deaths were linked to Takata air bags in Honda Motor Co. vehicles, while the recalls around the world affected a wide range of carmakers.

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MIT researcher: Urban furniture is changing

Cities. Imagine bus shelters that give directions, phone booths with Wi-Fi and cafes in parking spots.

Philadelphians looking for parking spots earlier this year found some choice downtown plots had been turned into miniature public plazas.

"The urban furniture of the future will have multiple functions," says Dr. Ryan Chin, managing director of the MIT Media Lab's City Science initiative. "The challenge is that it has to withstand all kinds of weather. And anything can happen: dogs can pee on it, motor-cycle gangs can run over it."

The researchers at MIT are experimenting with solutions that could, say, eliminate the need for parking signs as self-driving cars communicate with the street through sensors. In fact, future cities may not need very much furniture at all.

Several U.S. cities have already introduced digital-



A cafe in a parking spot? / SF BEAUTIFUL

enabled garbage cans that compact garbage and tell trash collectors when to empty them. Some even feature digital advertising space.

An MIT team has invented a park bench that doubles as a gadget-charging station.

In New York and many other cities, plans are underway to re-use phone booths for vehicle charging, urban Wi-Fi networks and public information systems, says Sascha Haselmayer, CEO of city innovation firm Citymart.

"Almost everything that's not road surface in public spaces will be-

come multi-functional furniture," predicts Haselmayer. "It may talk to you, provide you

with light, heat and Internet or act as your electric petrol station."

Q & A



Rik van Stiphout / SF BEAUTIFUL

Rik van Stiphout, Programme Advisor, Light & Culture, City of Eindhoven

Eindhoven has installed street lights that change color according to residents' wishes and adapt to their movements.

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management as well as crowd management. When the lights go off, you know you have to make way for the police or an ambulance. And after big festivals, you can get crowds to leave quickly through street lights that tell them it's time to leave and illuminate their path.

Internet-enabled street lighting: do you think it will catch on?

Almost all urban furniture will be connected to the Internet. It will make people's lives more comfortable. Of course there will be concerns about privacy, but in the future interaction will be based on trust, not privacy.



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Families of victims in Newtown plan lawsuits

Sandy Hook school shooting. The wrongful death suits do not yet have a target.

Parents of almost half the young children killed by a gunman at an elementary school in Newtown, Connecticut, two years ago on Sunday have taken initial steps toward filing lawsuits tied to one of the deadliest school shootings in U.S. history.

The parents of eight of the children killed in the Dec. 14, 2012, carnage, which 20-year-old gunman Adam Lanza ended by shooting himself dead as he heard police sirens approach, have notified Connecticut courts that they may file wrongful death lawsuits in state or federal court.



A woman kneels in front of bells, which were being rung outside of St. Rose of Lima Church in Newtown, Connecticut, yesterday. / REUTERS

Quoted

"There is no other developed country that would tolerate this kind of gun violence around school-age children."

Shannon Watts, founder of Moms Demand Action for Gun Sense in America

Their initial court filings, related to legal entities created in memory of their children, do not indicate who the families could target in their lawsuits, according to a chief court clerk for North Fairfield County Probate Court.

While the parents could not be reached for comment, a spokesman for

Bridgeport law firm Koskoff, Koskoff and Bieder said that a lawyer at the firm had recently met with some of the Newtown parents about potential suits.

"Attorney Josh Koskoff has met with parents about legal action," said Geraldo Parrilla, a legal assistant with the firm.

While Newtown grabbed the nation's attention, school shootings remain common across the United States. Some 95 incidents, including fatal and nonfatal assaults, suicides and unintentional shootings have taken place across 33 states since Newtown, according to Everytown for Gun Safety, a group created by the merger of Mayors Against Illegal Guns, founded by former New York Mayor Michael Bloomberg and Moms Demand Action for Gun Sense in America, a group founded after the attack. / REUTERS

El Paso resident

American enters North Korea to denounce threat from US

An American citizen who illegally entered North Korea gave a rambling

diatribe criticizing the U.S. and praising his host as a great nation and Socialist success story.

Arturo Pierre Martinez said he was a 29-year-old from El Paso, Texas, and had "taken up a risky journey" to North



ARTURO PIERRE MARTINEZ / REUTERS

Korea to "pass along some very valuable and disturbing information" to help the country defend itself from the "imminent threat" posed by the United States government.

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Auburn University

Football player shot dead, suspect arrested

An 18-year-old Auburn University football player was shot dead early Sunday at an apartment complex near his campus in eastern Alabama, and a male suspect was later arrested, police said.

Jakell Mitchell was found wounded shortly after midnight, and died later in the hospital, said police captain Will Mathews.

Later on Sunday, police arrested Markale Deandra Hart, 22, on a murder charge, the statement said. / REUTERS

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NEWS 12

Washington undecided on UN resolution for Israel-Palestine dispute

Secretary of State.

John Kerry will be in Europe today to meet with officials from both sides.

Israel said it hoped the United States would veto any moves at the United Nations to set a time frame for its withdrawal from territory Palestinians seek for state, but a senior U.S. official said it was too early to say.

U.S. Secretary of State John Kerry will meet Israeli Prime Minister Benjamin Netanyahu in Rome on Monday to discuss various proposals for a Palestinian state that are circulating at the United Nations.

Later on Monday, Kerry will travel to Paris for talks with European counterparts and then on to London to meet Palestinian chief negotiator Saeb Erekat and a delegation



A Palestinian protester uses a slingshot to throw back a tear gas canister fired by Israeli soldiers / REUTERS

UN Security Council

15

Jordan has circulated a draft Palestinian resolution to the 15-member United Nations Security Council calling for Israeli occupation of Palestinian territory to end by November 2016.

from the Arab League, who will urge the United States not to use its U.N. Security Council veto to block the proposals.

The hastily arranged meetings suggested urgency in America's drive to manage efforts among Security Council members to draft a new proposal before

Israeli elections in March. Kerry said on Friday he wanted to defuse tensions during the talks.

In Jerusalem, violence has surged in recent weeks because of a dispute over access to a holy site in an Israeli-annexed part of the city. **REUTERS**

Sweden air space. Russian military jet in near collision with jetliner

A Russian military jet nearly collided with a commercial passenger airplane in international airspace near southern Sweden on Friday, Swedish authorities said, but Russia insisted its jet had kept at a safe distance.

Passenger flight SK1755, operated by a unit



Scandinavian airline service plane / REUTERS

of Scandinavian airline service SAS from the Danish capital Copenhagen

to Poznan in Poland, was diverted by Swedish authorities before a collision occurred, the authorities said.

But Russia's Defence Ministry on Sunday denied its plane had come close to colliding with a civilian airliner, official news agency TASS reported. **REUTERS**

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Death toll rises in Indonesia mudslide



Villagers dig out a motorcycle buried in the mud after a landslide hit the village of Sampang in Banjarnegara. / REUTERS

Indonesia. Mudslides are common in the region during monsoon season, which usually runs until April.

Jembrung village in the Banjarnegara district of Central Java, about 280 miles from the capital, Jakarta, where media pictures showed a flood of mud and water cascading down a wooded mountainside.

Indonesian rescuers on Sunday used heavy-lifting equipment for the first time to clear roads leading to the site of a landslide that destroyed a village and killed at least 32 people, officials said, with scores still missing.

Police, soldiers and volunteers had used their bare hands and makeshift tools to search for survivors, while trucks cleared roads leading to the landslide area after the disaster struck on Friday night.

Hundreds have been evacuated from around

Sutopo Purwo Nugroho, spokesman for the National Disaster Mitigation Agency, said 32 people had been killed and 577 people from the surrounding areas had been taken to temporary shelters. There were 2,000 rescuers involved in the operation on Sunday, he said.

Tri Joko Priyono, a coordinator with the National Search and Rescue Agency, who has taken part in rescue operations since Saturday, told Reuters there was now little chance of finding more survivors.

Before visiting the landslide site on Sunday, Presi-

Missing

76

National Disaster officials said 76 people were missing.

Quoted

"We will keep searching ... We will keep trying until all the victims are found. This is not about chances of life. Our mission is to recover all the victims."

Priyono

dent Joko Widodo said he would assess whether more heavy-lifting equipment was needed.

REUTERS

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The “Candid” Embarrassing That Might Solve Your

Vital Information All Knee Arthritis Sufferers

By Matt Edgar-Health Writer
Manhattan - In just a moment I'm going to tell you about a very “candid” and somewhat embarrassing moment I had with a doctor.

A moment most doctors would not want you to know about.

As I reveal what happened in that moment - it will become clear to you not only why this doctor has so much success treating knee arthritis pain... but you will also discover a possible way to relieve some or all of your pain, too.

But before I tell you all that - let me ask you this: How would you like to finally have a real medical solution for your knee arthritis pain?

Not some scam sold on an infomercial or the internet. **A real medical treatment that has already worked for countless people just like you and is covered by most insurance and medicare?**

Can you imagine what it would feel like to be able to eliminate enough of your pain and stiffness so you can get out of bed without pain and go for walks and even do things like play golf or tennis?

How relieved would you be if you felt so much better that you no longer needed to go through total knee replacement surgery and all the grueling rehabilitation?

Sounds Too Good To Be True?

I'm glad we agree. It does sound too good to be true. That's because all patients react differently and get different results from *real medical treatments*.

That's also why no ethical doctor would promise or guarantee ANY results... for

ANY treatment. EVER.

In fact - if you do start hearing over-the-top, exaggerated claims like: “cure for knee arthritis” or “eliminates all pain” or “works for everyone” you should run like heck.

But the fact of the matter is: If you qualify for the treatment you are about to discover, there is a good chance you may be able to relieve some or much of your pain.

I know because thousands of knee arthritis sufferers... just like you... have already found the relief you are looking for.

And even better - this might work for you if your pain is new... or if you have advanced knee arthritis that has made it difficult to even walk.

Here's The Treatment And The Embarrassing Moment

The treatment is called viscosupplementation. If you have not heard of this treatment - I will explain how it might help you in just a moment. If you have heard of it - or even had this treatment without good results - this information is a “must read.”

Here is why: When you have arthritis, one of the things that happens is the lubricating fluid in your joints decreases. This causes joint surfaces to rub, then grind against each other which causes swelling and pain eventually eating way at the cartilage.

Researchers have developed a natural lubricating gel that can be placed in the arthritic knee joint - this cushions and coats the joint allowing it to glide more smoothly which often decreases pain. Sometimes dramatically. Treatment with this special lubricating gel is called *Viscosupplementation*.

Advanced Knee Arthritis Treatment Offers New Hope For Pain Sufferers In New York City



Nothing Spreads The Word Like Caring Doctors and Results - Knee arthritis sufferers have swarmed the OsteoRelief Center in Manhattan, NYC and Northern New Jersey ever since word got out of their advanced medical procedure for knee arthritis

This all sounds great - in theory. But there is a BIG problem with this treatment.

Allow Me To Explain...

While doing research on this treatment, I traveled to a medical clinic in Northern N.J. right outside NYC (they now have clinics in mid town and downtown).. This clinic had an excellent reputation and I got to speak not only with doctors but with several patients who ranted and raved about the results.

Many said they had tried countless other treatments in the past... including viscosupplementation... but nothing worked until they had viscosupplementation at *this* clinic.

I was skeptical, so I asked one of the doctors why. How could it be possible that the same treatment that did not work when done elsewhere... was getting results when done here?

His response was honest and a little shocking. And the bottom line was...

“All Doctors Are Human And Sometimes They Mess Up”

I discovered that this treatment must be VERY

PRECISE. In other words, the doctor must be very accurate and actually get the lubricating fluid precisely into the arthritic joint space - or the treatment will be rendered useless.

Many doctors do not want to admit it - but it is very easy to miss the joint space and alter the treatment results.

In fact, research shows that doctors doing these types of joint procedures without advanced imaging may miss the joint space as much as 30% of the time.

Technology To The Rescue

Thankfully technology is solving this problem. How? It's making doctors much more accurate and this treatment much more effective.

Advanced imaging is now available that allows doctors to actually see directly into the joint space and watch the treatment. Doctors can see, or check, if the lubricating fluid goes directly into the joint space - or misses.

The doctor knows if the applied treatment has been a success... or failure... INSTANTLY.

Moment I Had With A Doctor Knee Arthritis Pain

Should Know... *That Might Be Keeping You In Pain*

Here's something incredible: I was able to watch many procedures actually being performed and I was shocked at how many times the doctor thought he had perfect placement... *but the imaging proved him wrong.*

I was amazed how only a ***fraction of an inch*** would make the difference **between** success and failure.

The best thing is: When the procedure was not perfect - because of the imaging - the doctor knew instantly and was able to make the slight change necessary and achieve the results they were looking for hitting the targeted painful knee joint.

"Double Confirmation" For Best Results

That's why the doctors at this clinic have taken it one giant

step further to give their patients the best. They do not just use one form of confirmation during treatment - they use two in their **"double confirmation"** process. This is to ensure patients get the best possible results.

It became clear to me that using this advanced imaging and "double confirmation" process just might be why the doctors at this medical clinic get results when others were not.

What Results Can Be Expected?

Like all medical treatments, the results vary and can not be predicted. But many knee arthritis sufferers get dramatic results. It is not uncommon for patients to either postpone knee replacement surgery for years... or even permanently cancel it.

Who Is This For?

This treatment is not for everyone - but if you qualify you may be able to relieve some or all of your pain. That's why OsteoRelief has a an innovation for you...

Your Invitation

OsteoRelief Centers offer a limited number of complimentary knee arthritis treatment screenings every month. These screenings are a way for knee arthritis sufferers to get some of their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at OsteoRelief Center. If you would like a complimentary screening, just call **800-227- KNEE** and tell the scheduling expert who answers the phone, "I would like a complimentary knee arthritis screening."

The screenings fill up fast every month. If you do not call in time to get one this month, the expert will schedule you for next month.

This screening is no cost and there is no further obligation. The best thing about this screening for so many is being able to breathe a big sigh of relief because you finally have hope to relieve your pain and get your life back

Many of the treatments offered at OsteoRelief Institute are covered by many insurance plans and Medicare.

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Why A Fraction Of An Inch Can Be The Difference: Advanced imaging is used to "double confirm" placement of lubricating gel on the surface of the arthritic joint - giving the best possible chance to


Before Treatment
Painful Knee Joint
Riddled With Arthritis



Successful Treatment
Exact Placement Of Lubricating Gel
When Using Advanced Imaging



Failed Treatment
Without Advanced Imaging Missing
Joint By TINY Amount Causes Failure



Fractions Of An Inch Can Be The Difference Between Success And Failure - Using The Most Advanced Digital Imaging Can Be The Difference Between Relieving Your Pain Or Continued Suffering

When your dream school says 'maybe'

Applications.

Learn to how cope with a deferral.

Last week was a roller coaster ride of emotions for many high school seniors — as those who applied early decision received the first admission letters of the season.

While it's easy to know what to feel and say when receiving an acceptance or rejection letter, knowing what to do when you get a deferral is much more complicated, as applicants were essentially told "maybe, one day," by their top choice.

"The first thing I tell

students that are deferred is try not to take it personally," says Meg Caddeau, an admissions counselor with the educational consulting firm IvyWise. "They have to step back and look at the numbers. Students who are deferred or rejected are in very good company."

Caddeau offers these suggestions for students trying to figure out their next steps.

Follow directions

"Each school will have a letter with pretty detailed instructions," Caddeau notes. "Some colleges will ask students to update the

admissions committee and sometimes students will have new information to add. However, if they don't say that I wouldn't go back and add anything."

Show some personality

If you are asked to send a letter updating the admissions committee on your progress, treat it like another opportunity to shine. "I had one student who really infused humor into her letter," Caddeau recalls. "She wrote something like, 'As you suggested, I wanted to update you on my progress. While I haven't found a

Look around

Explore your options

Most important of all, students should remember that there are plenty of fish in the sea when it comes to colleges and universities and that most students eventually do find the right fit. "Life is funny that way," says Caddeau. "You might not realize it, but this is a long journey."



Deferred from your top choice? Here's how to proceed. / WAVEBREAK MEDIA

Spotlight

Stand out from the crowd

As they are revising, Caddeau urges students to spotlight their uniqueness. She had one student who neglected to mention her interest in tech. "Most admissions committees don't see women on computer science teams," she says.

cure for cancer yet, I was voted most likely to attend Hogwarts by my class."

Learn from your mistakes

Throughout her time advising applicants, Caddeau says that sometimes it is clear why a student didn't make the cut. "We see that they didn't present themselves as well as they could have," she notes. "They had boring essays

or they were applying to schools that were out of their reach."

In these cases, some self-reflection (and application revisions) are in order. Caddeau urges students to take advantage of the ability to revise their common applications. "They can change their essays, they can make revisions," she says.



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Starting the conversation. A new way to teach teens about relationships and sexual health

Like many high school girls, Tiffani Grey and her friends often talk about dating and relationships. But Grey, a senior at Brooklyn Preparatory High School, says she is often struck by the misinformation out there.

"[My friends] probably ask about birth control the most," Grey says. "They want to know if there are side effects and also if they can get access to it."

Fortunately for these teens, Grey has many of the answers they need. Grey is currently a Peer Educator at Teens P.A.C.T. (Positive Action and Choices for Teens) — a nonprofit program run by the Community Healthcare Network that teaches teens about safe sex.

The organization just released a series of public service announcements written and produced by its students. "Our goal was to create something using these voices," says Michelle Perlman, Teens P.A.C.T.'s



Members of Teens P.A.C.T. are trained to be health educators. / PROVIDED

The topics

Teens P.A.C.T.'s new PSAs have the following titles:

- Feel Good Sex
- Condom Class
- Teen Pregnancy

director. The PSAs are currently being distributed to teen websites.

In their own words

Perlman notes that some of the videos may make adults uncomfortable. "They would pick a topic like lack of condom use," Perlman says. "So they

would talk about how many teens say that condoms don't feel good and craft these scripts."

Ultimately though, sexual safety is the goal. "Young people are out there engaging in risky behavior," Perlman says. "We want them to engage in behavior that allows them to be safe and healthy."

LAKSHMI GANDHI



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2

CULTURE

THE WORD

Ned Ehrbar takes on the world of gossip.

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Iggy Azalea has the best response to rumors she was born a man

Some stars just ignore all the weird rumors that go around about them, some offer firm but boilerplate denials and every once in a great while, some find just the right way to brush off the gossip while coming off as awesome in the process. Case in point? Iggy Azalea actually deigned to respond to bizarre rumors that she wasn't always a girl named Iggy: "Wait, so I'm just now reading that I was born a man and my name is Cody?" she posted to Twitter, following up with, "I just don't see myself as a Cody. I'm more of a Liam, if I had a penis." You win this round of the Internet, Ms. Azalea.

ALL IMAGES GETTY IMAGES

'Nashville' star pops out a daughter

"Nashville" star Hayden Panettiere has a baby girl just in time for Christmas. The pint-sized actress gave birth to daughter Kaya Evdokia Klitschko last week, her first child with much taller fiancé Wladimir Klitschko, her rep confirms to People magazine. "We are over the moon and madly in love," the new parents say in a statement. Panettiere and Klitschko announced their engagement in October. No word yet on whether baby Kaya will take after the taller or the shorter side of the family.



Zoe Saldana's family now twice as big

Speaking of celebrity birthings, Zoe Saldana gave birth to twins last week, as reported by the Daily Mirror. "Zoe and Marco are delighted. Zoe has been ready to drop for some time, and they are both ecstatic to be meeting the twins," a source with a penchant for over-sharing says. Seriously, "ready to drop for some time"? Come on, man, there are more tactful ways to say that.



Christian Bale poo-poops fans' 'Dark Knight Rises' theory

You know who's a good authority about Christopher Nolan's Batman films? Bruce Wayne himself, Christian Bale, who is happy to set people straight about some of their wilder theories. For instance, there are apparently some fans who believe the ending of "Dark Knight Rises," in which Michael Caine's Alfred sees Bruce Wayne alive and well



CHRISTIAN BALE
KILLS THE DREAM.

in Florence, is all a dream. Well, Bale says you're wrong. "That was for real," Bale says during an Entertainment Weekly radio chat. "I find it very interesting. With most films, I tend to always say it's what the audience thinks it is, but my personal opinion is that no, it was not a dream." OK, fine, but what about the ending of "Newsies"? Totally a dream sequence, right?

Daily video

The Office: Middle Earth edition

Just in time for "The Hobbit: The Battle of the Five Armies," this week's "Saturday Night Live" host, Martin Freeman, gets two of his most famous roles mashed up together by casting the characters of J.R.R. Tolkien's classic tales in the U.K. version of "The Office," where Freeman first rose to prominence. "What have I been up to? I went on a quest, saved Middle Earth, did the



NBC

noble thing and turned down loads of treasure. Yeah, so the brave hobbit Bilbo Baggins now works at a paper company," he explains in the intro. "And I drive a Jetta." The Gandalf version of Ricky Gervais' David Brent is pretty spectacular. And apparently sometimes there are giant spiders in the parking lot.

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Is Your Smile Your BFF or Your Frenemy?



Smiling is one of the most widely accepted and understood facial gestures made by people across the world. It is interpreted to mean joy, comfort, love, and many other positive emotions. We use it to communicate our feelings in any environment, personal and professional. "Smiling expresses compassion, wisdom, and professionalism," says Dr. Marc Lischting, a leading General, Cosmetic, and Restorative Dentist at *Manhattan Dental Arts*, located in Lincoln Center at 1995 Broadway (at 66th St), Suite 200. It is a key ingredient in a first impression and it is how we want to be remembered as we part ways. Whether it is an important meeting at work, relaxing with good friends, enjoying a first date, or playing with your children, your smile shows you in your best light. Has your smile been performing at its absolute best in all of these scenarios for you?

You are probably doing everything you know to be possible in order to ensure that your smile is worthy of the big screen. From daily brushing and flossing to semi-annual visits to the dentist for cleanings and check-ups, there is never such a thing as caring too much for the health of your smile. There are times, of course, where more advanced work might be required. This is often due to the natural wear that years of using your teeth may have; previous work that might not have been completed properly; or an accident that may have caused damage. While everybody's situation is unique and some cases are more complicated than others, it is important to understand the entire story so that a quick and comfortable solution can be made.

Dr. Lischting has been performing dentistry for over 20 years. He graduated from the University of Pennsylvania School of Dental Medicine in 1986. The following year he graduated from an Advanced Restorative and Implant Fellowship at the university. His work with an incredible team of hy-

gienic trained dentists, Dr. Steven G. Goldberg, the inventor of the DentalVibe, a cutting-edge device that eliminates pain from injections, has been practicing for over 20 years. Dr. Bernadette Sawa, a leading prosthodontist, who offers advanced implant & restoration dentistry. Dr. Priya Duggal, an outstanding periodontist, a gum specialist, who also provides mastery in implants and oral surgery. Dr. Daniel Jacobs, an established general, restorative, & cosmetic dentist. Finally, there is Dr. Eric Novikov, a profoundly skilled endodontist, who treats root canals with gentle and meticulous care.

We sat with Dr. Lischting at his multi-specialty dental practice in the heart of Lincoln Center in the Upper West Side of NYC, where he works with hygienic trained dentists to provide the highest quality patient care. We discussed several common dental issues and some of the procedures performed to resolve them.

Gapped Teeth

Dr. L: The typical long term solutions for unwanted gaps between teeth, also known as diastemas, are porcelain veneers, traditional braces, Invisalign, or dental bonding. While braces are usually frowned upon by most adults because they are highly visible, we offer the Invisalign solution, which offers a nearly invisible aligning appliance. For those that are looking for a much quicker, longer term solution, we provide a highly artistic approach to dental bonding, which can usually be completed in one day if bonding a single tooth. That said, porcelain veneers are commonly accepted as treatment of choice for a more permanent solution.

Missing or Partially Missing Teeth
Dr. L: Missing teeth can result from a number of reasons including malnutrition, accidental loss, various oral diseases, or even

hypodontia, where the specific teeth never developed. The result is often more than just aesthetically unattractive; it can lead to further problems, such as bad breath, additional tooth loss, gum injuries, or other health concerns due to improper food breakdown and digestion. At *Manhattan Dental Arts*, we understand how disconcerting missing teeth can be. Upon consulting the patient, we can suggest the best possible long term options for them to take. For missing or partially missing teeth, this can be dental crowns or bridges, implant surgery, flip or overlays, and full or partial dentures. Making sure the patient is happy with their smile is our highest priority. We work with each patient to carefully outline the procedure and expected outcomes.

Stained and Discolored Teeth

Dr. L: Discoloration of the teeth varies widely in severity and can be caused by different reasons including normal darkening over time, a diet heavy with dark foods and drinks like coffee and alcohol, smoking, or even internal tooth problems. For stains that are caused by external contributors, such as food or smoking, we offer several whitening procedures that work wonderfully to make your smile shine brightly. Internal tooth problems are more complex as it might be due to infection or problems at the root level. In this case, x-rays would confirm the best route, which might be as simple as taking antibiotics or something more involved, such as root canal therapy. Regardless of the severity or treatment selected, *Manhattan Dental Arts* is sensitive to the needs and finances of all of our patients, accepts most insurance companies, and is perfectly equipped to make treatment and post treatment as comfortable as possible.

These are just a fraction of the services, which includes solution options, gum treatment,

and various veneer options, offered at *Manhattan Dental Arts*. The desktop & mobile-friendly website, www.ManhattanDentalArts.com, provides a complete list of services and more about the practice. Your calls to (212) 911-5MILE and email to info@ManhattanDentalArts.com

are always welcome and we would love to discuss your smile with you today. We are currently offering a new patient special, which includes a cleaning, exam, and x-rays for only \$99. This is an incredible deal and very affordable even if you don't have insurance.

There are times when extensive dental work might not be the immediate solution to achieving that perfect smile. For example, prior to or during a long term treatment, a situation where a non-invasive solution must be implemented, or a temporary cosmetic solution that can be easily removed. For those times, there exists the Snap-On Smile. Having spent almost two decades dedicated to his patient's restorative and cosmetic needs, inspired Dr. Lischting to create and invent an innovative approach in 2005, the Snap-On Smile. He invented this multi-purpose restorative appliance to give those in need a way to achieve a beautiful, brand new smile without expensive, uncomfortable, and invasive procedures. In the following section, Dr. Lischting offers us an

overview of this incredible product.

Rp: What is the Snap-On Smile?

Dr. L: The Snap-On Smile is an affordable, reversible, and absolutely pain-free solution to a wide array of dental problems, including gapped, crooked, or stained teeth. You just snap it onto your teeth when you want to wear it and continue with your day. None of the adhesives or discomfort that come with other products and you can eat and drink as you normally do without worry.

Rp: What is the Snap-On Smile for?

Dr. L: This appliance is perfect for anybody looking for non-invasive and non-permanent restoration or cosmetic dentistry. If you are unable to resolve crowns, veneers, or implants due to medical conditions, age, or fear of extensive dental work, the Snap-On Smile will work for you.

Rp: What is the process for getting the Snap-On Smile?

Dr. L: It's really simple; it takes only 2 visits. After our consultation, we take an impression of your upper and lower teeth. We'll then discuss the best shade and shape to use for your Snap-On Smile. Finally, your details are sent for fabrication and your beautiful new smile is ready to wear within 10-14 days.

Rp: Is it painful at all?

Dr. L: Absolutely not! This is a non-invasive procedure, which means there are no needles or drills involved. Even if a nervous patient wanted any additional work, which might require more complicated procedures, we offer sedation dentistry. Nitrous oxide gas or oral pills can be prescribed to allow the patient to feel perfectly calm during any complex procedure while maintaining awareness and being able to interact with us.

Rp: What is it like to wear the Snap-On Smile?

Dr. L: The Snap-On Smile is made of a highly durable and non-porous material, which allows it to be extremely thin and non-invasive during regular wear. There is no limit to what can be eaten and simply cleaning it will ensure it remains stain-free. It firmly attaches to the teeth to minimize the risk of a falling or moving while you enjoy your day.

The Snap-On Smile has improved the quality of life for tens of thousands of people world-wide. It is being offered by dentists internationally. Take advantage of living in NYC, where the inventor of the Snap-On Smile sees patients, and schedule a visit. Dr. Lischting sees his patients at the *Manhattan Dental Arts* office. He is available for Snap-On Smile consultations and to discuss all your dental needs. Simply call (212) 911-5MILE or email info@ManhattanDentalArts.com today.



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FILM & ENTERTAINMENT

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JAMES FRANCO
WIREIMAGE

Q&A JAMES FRANCO ON TEACHING AND FILM

Interview. The actor-director-artist somehow found time to teach and get his students to make "The Color of Time."

There's James Franco, entertainer, and James Franco, artist. While he has a new, possibly world-destroying comedy en route Christmas Day — the North Korea-set "The Interview" — he's also busy promoting "The Color of Time," his latest experimental film. While teaching a graduate course in filmmaking at NYU, he tasked his 12 students with collaborating on a film based on

C.K. Williams' poems. That's not all: He had them work with name actors, including Jessica Chastain, Mila Kunis and Zach Braff, plus himself.

What initially motivated you to make this a project for students in your class? This was a way to bridge worlds — to have students work with experienced, A-list actors and have a real filmmaking experience. I'm really about collabora-

Trending. The year in pop culture

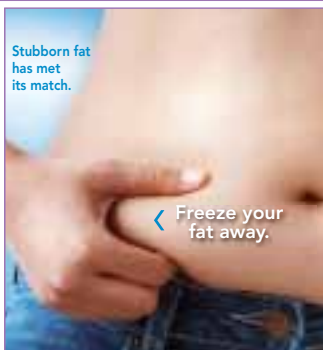
#BreaktheInternet

Hashtag or no hashtag, I just checked and the Internet remains safely unbroken. But that doesn't mean this image of Kim Kardashian's physics-defying derriere hasn't broken something deep inside of me. Could be my spirit, could be my brain, tough to say. But while Ms. Kardashian may not have broken the

Internet, she did successfully sear this image into our collective cultural brain. So ... good job? But do you think the designer of that dress was saddened we all assumed at first it was a trash bag?



PAPER MAGAZINE



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tion, whether it's with people more experienced than I am or less experienced. I liked being free of the commercial concerns that are present in professional filmmaking.

What made you think C.K. Williams' poems would lend well to film?

His poems — or at least these poems [from the book "Tar"] — are very narrative-based. They all center on a central figure, who we interpreted as Williams looking back on moments in his life. That gave us a structure, a character at the center. What I like about these poems is they aren't just about memory; a lot of them are universal. They're about coming of age, being in a relationship, having jobs. But they're seen through a poet's eyes.

How did the students react to directing A-list actors?

One thing I saw happening in some student films was a lack of sense of how much they needed to direct actors. They work with young actors or inexperienced actors,



James Franco plays a C.K. Williams-like poet in the grad student-made "The Color of Time," now in theaters and on VOD. / STARZ DIGITAL MEDIA

so they have to direct them more than usual. When you work with experienced actors you don't have to do that much. They know what they're doing. For the experienced actors, it was great to go back to a film set where people were still doing it from a very pure place. They were so in love and so in awe of just making a movie that the experienced actors could just go on set and not have to worry about anything but doing their art. No agents, no money deals — just this. They all said it was great.



TWITTER/@THEELLENSHOW

The ultimate Oscar selfie

Speaking of breaking the Internet, that's what Academy Awards host Ellen DeGeneres claimed she was trying to do with her star-studded selfie taken during the telecast — or

at least she was trying to break Twitter. And DeGeneres' efforts were much more successful than Kardashian's, with the candid photo becoming the most retweeted photo.

Elevator fight

The surveillance footage seen 'round the world: On their way out of a Met Gala after-party, Solange Knowles lunges past sister Beyoncé to unleash hell on Jay Z — and TMZ got their hands on the tape.



Visit **Metro.us** for more of the year's trending moments, including Justin Bieber's mug shot.



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Both sides

Two-faced

You're constantly jumping between big films and your own experimental projects.

This project was shot at the same time as "Oz the Great and Powerful" — one of the most expensive movies ever made. When you're spending that much money, you

don't want to experiment with form or get too artistic in a daring way. With "The Color of Time," we didn't have huge budgets. We had the freedom to try new things, like getting a bunch of directors to make a unified movie.



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Kim Schneiderman's book "Step Out of Your Story: Writing Exercises to Reframe and Transform Your Life," is due to be published in the spring. Email Kim your questions at askkim@metro.us.



MAKE YOUR CRITICISM CONSTRUCTIVE

Lately, I find myself getting frustrated and snapping at my husband when he doesn't listen to me or follow up with things I ask him to do; he gets defensive and says I'm too critical. Any advice?

You're not alone. Communication is the key to a healthy relationship — and yet, you'd be surprised how many people don't know how to effectively express themselves, especially if they grew up in homes where self-expression wasn't encouraged or the person with the loudest voice always won.

Fortunately, communication is a skill that can be learned, even as an adult. But like most skills, it takes know-how and practice to get the hang of

it. Here are some simple ways to use an "I statement" to improve your chances that what you have to say won't fall on deaf ears.

1 Identify the upsetting behavior. The No. 1 mistake people make is attacking a person's character ("you're so lazy") or lobbing accusations ("you don't care") instead of pointing out the specific offending behavior. Not only do such statements put people on the defensive by suggesting that something is wrong with them, but they don't give the person an opportunity to change. Try expressing yourself by starting like this: "When you show up late to dinner and don't call ahead..."

2 Identify the feeling.

This may sound simple, but many people can't distinguish thoughts from feelings. So often, when I ask clients how they feel about someone's behavior, they say things like, "I feel that he's lazy," or "I feel that he's selfish." These are judgments that don't help the other person understand what it's like to be on the receiving end of their actions. If you're not sure about what you're feeling, you can always focus on the five basic emotions: mad, sad, bad, glad and afraid. Once you've identified the feeling, add the emotion to your sentence: "When you show up late to dinner and don't call ahead, I feel mad."



This is not the way to get things resolved. / DIGITAL VISION

3 Identify and take ownership of your interpretation of the behavior. This keeps your mind open to the possibility that you may be wrong, which can be a bit tricky because so often we make wrong assumptions about what people's behavior means instead of asking them directly. Such assumptions are usually projections based on fears and stories from the past. When you own your interpretation, you take responsibility for your reactions, which gives your listener room to reflect on where you're coming from. Here's how you might apply this step to our ex-

ample: "When you're late, I get sad and mad. The story I tell myself, which may or may not be true, is that you don't care about my needs or my time [just like my mother did when she came late to pick me up at school]."

4 Make a request for the future. This conveys your faith that change is possible and further clarifies your wishes: "When you come late to dinner, I feel mad. The story I tell myself is that you don't care about my time or want to be with me. In the future, I would like you to please be on time."

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How much disinfectants reduce the spread of viruses

Keyboard

The worst offender, it tested five times dirtier than a toilet seat.

By the numbers

21,000

Germs per square inch on your desk

Dishes

One in 5 office mugs was found to contain coliform bacteria, which can upset the stomach.

By the numbers

16

Times an hour the average adult touches his or her nose, mouth or eyes

Office mites

You're unwittingly sharing your workspace with thousands of unwelcome pathogens. / WAVEBREAK MEDIA

Clean your desk.

As flu season ramps up, we take a look at what may be sharing your cubicle.

Devices

Mobiles and tablets were 400 times dirtier than a toilet seat, and found to harbor all kinds of bugs, including staph.

Desk

Cold and flu viruses can survive from a few hours up to three days on hard surfaces. The norovirus, which can upset the stomach and cause severe diarrhea, survives for up to four weeks.

Workplaces fester with all sorts of nasty viruses, bacteria and germs. It can take as little as two hours for one stomach flu sufferer to infect half the office, according to

the American Society for Microbiology. With cold and flu season upon us, Metro examines the commonly found pathogens and where they lurk.

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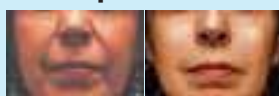
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Be the star of the company holiday party this year

Networking. Now's your time to shine.

It seems like everyone has a horror story about their workplace's annual Christmas party — you don't have to look far to find tales of drunken bosses or regrettable flirtations. But one expert notes that it's also important not to let those stories distract from the fact that the annual winter gathering is also the perfect time to put your best foot forward in terms of your career.

"It's really one of the most important business days of your year," says Patricia Rossi, an etiquette coach and the author of "Everyday Etiquette: How to Navigate 101 Common and Uncommon Social Situations." "It's the one time of the year you can get to someone higher up



Most important of all, remember to have fun! / DIGITAL VISION

in the company that you can't get to normally."

Rossi shares these tips on how junior employees can work the room and shine during a holiday party.

Put on a smile and attend

"The first thing you have to do is go," says Rossi. "The company has invested both time and money in organizing it." And this isn't the occasion to be

fashionably late or to just stop by for a few minutes either. "Arrive on time, but don't be the last to leave," Rossi advises.

Don't just talk to your office buddies

"You want to move about the cabin — don't latch onto one person and talk to them all night," says Rossi. For the introverts out there, Rossi says it's also important to remember that almost everyone

Small talk

Always talk to the spouses

"Your manager is probably going to be bringing a spouse," notes Rossi. "And the spouse is always nervous about attending these things. But if you talk to them and are engaging, on the ride home, she or he will say, 'Oh, I met your employee and they were so lovely, so nice.'"

feels awkward when it comes to holiday parties.

Have conversation topics planned

"Have two or three interesting things to talk about," she advises. "If your company VP is a big donor to the Met, that means you know they like art." A little research goes a long way.



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Entrepreneurship. Balance your day job with your dreams

It's a story familiar to millions of workers around the world: You have an idea that you think would be a great business or product, but you're not sure where to go from there.

"When I got started, I would think and dream about ideas and the only time I really had to daydream was at work," says Ryan Blair, the CEO of the marketing company ViSalus Sciences and the author of the book "Nothing to Lose, Everything to Gain." We asked Blair for his tips on how to juggle having a day job with a budding entrepreneurial career.

1 Don't quit your job. "When you start to see results, then you can think about quitting," says Blair. I started my first company while I had a job



Time management is key to balancing multiple tasks. / DIGITAL VISION

and I got my first customers that way."

2 Put in the effort. Don't think that juggling both work and your entrepreneurial project won't take sacrifice. "In the beginning, I'd wake up early at 4 a.m. and go work on my company before heading to work," says Blair.

3 Keep a journal. "Whenever I'm early in the process [of developing an idea], I'd just start writing about it," says Blair. "I have a venture capital fund and the first thing I do when considering investing in an idea is sketch it out in my journal. Then I'll start talking to people to see if it will work." **LAKSHMI GANDHI**

Horoscope

♐ **Sagittarius** | Nov. 22-Dec. 21. It will be easier to complete projects if you work alone. Asking questions will lead to interference.

♑ **Capricorn** | Dec. 22-Jan. 20. Trust in your judgment. You will not feel satisfied if you try to live up to someone else's expectations. Reconsider past choices.

♒ **Aquarius** | Jan. 21-Feb. 18. Money will come to you from an unusual source. Your knowledge will be instrumental in helping someone get a project off the ground.

♓ **Pisces** | Feb. 19-March 20. Resist the temptation to get romantically involved with a co-worker. Relationship woes could lead to a costly mistake.

♈ **Aries** | March 21-April 20. You will regret it if you become involved with someone or something inappropriate. Keep your goals in sight and stay focused on getting ahead.

♉ **Taurus** | April 21-May 21. Your romantic life is heating up. Trying something out of the ordinary will introduce you to a fascinating new group or connection.

♊ **Gemini** | May 22-June 20. A beneficial change to your career is imminent. Potential professional partners will want to find out more about your ideas.

♋ **Cancer** | June 21-July 22. Keep your cool. Your position in the workplace may be at risk if you have a falling out with a colleague. Look into different ways to increase your cash flow.

♌ **Leo** | July 23-Aug. 22. A neighbor will provide the final piece of a puzzle that you've been trying to solve with regard to a new venture.

♍ **Virgo** | Aug. 23-Sept. 22. If you are apologizing for or constantly defending someone close to you, it may be time to reassess the relationship.

♎ **Libra** | Sept. 23-Oct. 22. Your creativity will be magnified today, and new ideas must not be disregarded. Approach projects imaginatively. Find better ways to reach your goals.

♏ **Scorpio** | Oct. 23-Nov. 21. Try something new. Use your unique talents to make vocational changes. Follow your heart and let your skills speak for you. **EUGENIA LAST**

Sudoku: Easy and hard

8	4	7						3
1		6	7	5	9		8	
		5						
6	7			9				
			3	4	6			
				8			3	9
						2		
	6		2	7	4	3		8
3						9	7	1

6		1	9			2		
		9				5		
7	2			4				8
				5		3	2	
		2	3		9	8		
	7	3		4				
4			2			9	1	
	1				4			
		6			1	7		3

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

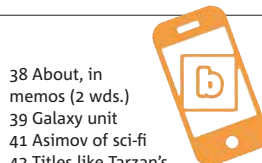
Crossword

Across

- 1 Hot socks
- 6 Netting
- 10 Mallard cousin
- 14 Ear-oriented
- 15 Pentathlon event
- 16 Unfounded, as rumors
- 17 Pasture entrance
- 18 Costa —
- 19 Pier foundation
- 20 Walked (2 wds.)
- 22 Eagle or hawk
- 24 Nix
- 25 Rendezvous
- 26 Speed along
- 30 Pyramid builder
- 32 Kind of rug
- 33 Were rivals
- 35 Mr. Yeltsin
- 40 Split up
- 42 Scuba diver's dive
- 44 Inches forward
- 45 Adamson's pal
- 47 Trillion, in combos
- 48 Crowning point
- 50 Subcontractor
- 52 Crude
- 56 Hole-making tools
- 58 This instant (2 wds.)
- 59 Lets go by, as a chance (2 wds.)
- 64 Sax-playing Simpson
- 65 Not mention

Down

- 67 Steamed
- 68 Coats cupcakes
- 69 Like Tonto's friend
- 70 Hearths' contents
- 71 Track event
- 72 Amtrak driver
- 73 Bread ingredient
- 1 Wingding
- 2 Parking lot sight
- 3 Quartet minus one
- 4 — nelson
- 5 Kimono part
- 6 Earn
- 7 Typical example
- 8 Wine category
- 9 Substantial, as a meal
- 10 Unstable
- 11 Revises
- 12 Parcel out
- 13 Knowing looks
- 21 Dig deep
- 23 Haik wearers
- 26 Invited
- 27 Soprano's number
- 28 Races the engine
- 29 Go wild about
- 31 Explains further
- 34 Footnote word
- 36 VIII, to Virgil
- 37 Coral habitat



Yesterday's answer



Letters

Tragedy no excuse for barbarism

Re: 'For some 9/11 families, torture not a gray area' (Metro New York, Dec. 12-14; Metro .us) The article deeply saddens me. Almost 60 years ago, my immigrant grandfather died of injuries sustained in a robbery of his grocery store in Greenwich Village. Suspects were never identified, despite efforts of the NYPD. Nonetheless, I am a lifelong opponent of capital punishment and a staunch advocate of fair and humane law enforcement. While my family's misfortune cannot compare to 9/11, those of us who have suffered crime would do well to uphold nobler principles.

RUTH CONNER, VIA EMAIL

Terrible treatment

Re: 'Lay blame where it's due' (Metro, Dec. 11) Letter writer Delores Paulk is spot-on regarding police violence and the mistreatment of blacks. It is sad when one can predict the outcome of a police encounter based on the race of the civilian. The disparate treatment of blacks by police is reprehensible and should be decry by all law-abiding citizens. It is also a travesty of justice when prosecutors who are tasked with bringing an indictment against thug cops act as defense attorneys instead.

CAROLYN CASEY, VIA EMAIL

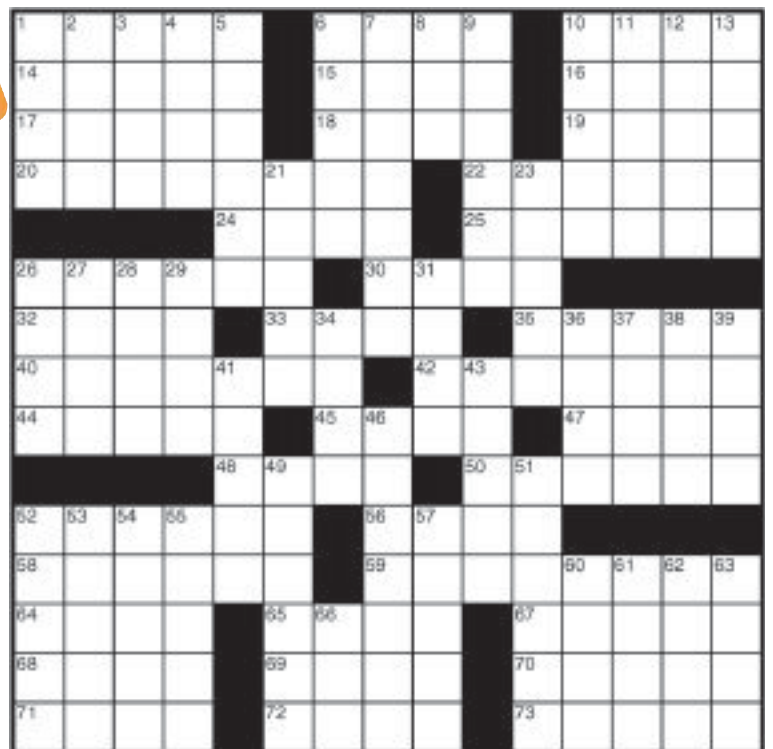
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SPORTS



Visit **Metro.us** to see full coverage of the Jets' win on Sunday.



Weston Richburg gives Odell Beckham Jr. a lift after the rookie found the end zone in the third quarter Sunday. / GETTY IMAGES

Giants defense, Beckham come up big yet again

NFL. The Giants took advantage of a challenged Redskins offense.

The Giants' defense hasn't always been solid this season, but for the last three weeks they've played as well as any unit in the league. Sure, rookie Odell Beckham Jr. stole the show for the second-straight week Sunday as he tallied game highs in yards (143), receptions (12), and touchdowns (three), but equally impressive was the way the Giants' defense stymied the Redskins.

New York's 24-13 win over Washington featured a bend-but-don't-break approach for most of the game before the offense delivered the knockout blows in the fourth quarter. But it was a manic pass rush that was the main attraction on defense.

Washington (2-11) accumulated 372 total yards, but could only muster one touchdown on the afternoon as the Giants (5-9) hammered Washington quarterbacks to the tune of seven sacks — giving the Giants 22 sacks in the last three games. It was the sixth-straight game that Washington's offense allowed at least five sacks.

The Giants even spotted the listless Redskins offense prime field position on several occasions, but nothing much ever materialized.

A microcosm of the Redskins' futility came when they appeared to dig themselves out of compromising field position with six minutes remaining in the third quarter as Robert Griffin III connected with Andre Roberts for 61 yards. Griffin then gained 12 yards on a run on the next play, with an additional 15 yards tacked on due to a personal foul penalty by safety Antrel Rolle, to give the Skins first-and-goal from the 10-yard line. But Jason Pierre-Paul and Johnathan Hankins bailed out the defense with a sack of Griffin on third down to force a field goal.

Pierre-Paul, who is having a revival season, was proud, but sounded nonchalant after the win.

"At the end of the day, it's just numbers," said the defensive end when asked about his 2.5-sack day.

Pierre-Paul now has 9.5 sacks on the season and is the second-rated defensive end this season. Hankins, who also had 2.5 sacks, noted that the Giants defense is starting to jell and "get after people" again, adding that Pierre-Paul has been the catalyst.

"I feel like he's been playing at a high level," said Hankins, "and when those numbers start coming, then everyone starts taking notice. He's been leading the way. When people say he doesn't have enough sacks [or] he's hav-

Down with JPP

Jason Pierre-Paul has quietly had a revival season.

- JPP had 2.5 sacks on Sunday against Washington and now has 9.5 on the season.



JASON PIERRE-PAUL
GETTY IMAGES

ing a bad year, I don't know what they're watching."

What Giants' fans have been watching lately is a future that looks bright.

Beckham may already be the team's best overall player, but fellow newbie Devon Kennard has been an impact player as well. Kennard had another solid game against Washington with a game-high seven tackles, a forced fumble, and a half-sack.

TONY WILLIAMS
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Zach Sudfeld and the Jets won in Tennessee on Sunday.
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NFL. Jets finally snap skid, top Tennessee

Two bad teams produced, not surprisingly, a bad game. Nonetheless, the Jets (3-11) pulled out a 16-11 win over the Titans (2-12) Sunday in Tennessee. It was the first road win of the year for the Jets. While it was a feel-good victory for the team, it does come with a caveat: The win likely takes the Jets

out of the running for the first overall pick in next spring's NFL draft.

Late in the fourth quarter Sunday, Chris Johnson's 37-yard run out of the Wildcat was followed up later in that drive with a Chris Ivory 1-yard touchdown run. It gave the Jets a 16-11 lead with 3:09 left in the game. **KRISTIAN DYER**

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